

Site Champion Annual Conference 2015

August 25 - Tupelo ☉ August 26 - Jackson ☉ August 27 - Hattiesburg

keys to living healthy



Motivating Mississippi – Keys to Living Healthy

Conference Registration Packet

The State and School Employees' Health Insurance Plan

Motivating Mississippi – Keys To Living Healthy

Each year, *Motivating Mississippi – Keys To Living Healthy* (Motivating Mississippi) hosts a conference that brings site champions from across the state together with the goal of teaching what it means to be a champion as well as what new resources are available through our onsite coaches.

The Motivating Mississippi program is dedicated to increasing the overall health and wellness of participants in the State and School Employees' Health Insurance Plan (Plan). Working together with ActiveHealth Management to create a variety of onsite wellness resources, Motivating Mississippi has been able to inspire many Plan participants to live healthier and happier lifestyles.

We hope you will join us this year to learn from our onsite coaches as well as your fellow champions. Come find out what programs have worked at other agencies or schools and what motivates employees to get active. This year's conference will be fun, informative and interactive. In this packet you will find a conference agenda that will be used at all three conference locations. If you are unable to attend the conference nearest you, please feel free to attend another location.

{ Agenda

All locations will use the same agenda.

Speakers may vary by location.

9:30-10:00 **Registration Open**

Pre-registration packets and name tags will be available for pick-up.

10:00-10:15 **Opening Remarks**

Speaker: Claire Whittington

10:15-10:45 **What Is A Site Champion?**

Speaker: Brett Watkins & Rolanda Watkins-Perkins

This helpful session will outline the Site Champion Guide. You will learn what it means to be a site champion and what new resources are available to help you plan events and engage your co-workers.

10:45-11:00 **Stretch Break – Guided Progressive Muscle Relaxation**

Leader: Scott McMullen

Sit back and relax as your team of onsite coaches walks you through the steps of this relaxation technique to help you calm the mind and body. This is just a sample of what our onsite team can do at your location.

11:00-11:30 **A Day In The Life Of A Site Champion**

Moderator: Brett Watkins, Scott McMullen, Patricia Heflin, Rolanda Watkins-Perkins

Ever wonder what other Site Champions are up to? Which events work well and which don't? You will hear from fellow site champions about the successes they have experienced, how they got the ball rolling, and how they got their co-workers engaged.

11:30-12:00 **Why Workplace Wellness?**

Speaker: Patrician Heflin

In this session we will discuss the positive impact your support as a site champion has in creating a culture of wellness.

12:00- 12:45

Lunch

Each conference will feature a different speaker presenting their unique perspective on wellness. They will give helpful tips on how to create a culture of wellness in your own life as well as in your workplace.

Tupelo Speaker: Dr. Joyce Yates, Ed.D., CHES

Jackson Speaker: Donna Speed, MS, RD, LN

Hattiesburg Speaker: Laurie McCarty, RD

12:45-12:55

Break

Remember to take some time to stretch your legs and move around.

12:55-1:45

Breakout Sessions

Moderators: All Onsite Coaches

This interactive group session will give you the opportunity to talk with an on-site coach and other champions who are similar to you. The goal of this session is to learn from other champions and to let the onsite coaches know how they can help you.

1:45-2:00

Closing Remarks



Onsite Wellness Coaches



Patricia Heflin

I am a licensed, Registered Dietitian who is excited about sharing my knowledge of health and wellness with others. With a M.S. degree in nutrition, I have a strong background in community nutrition and public health and enjoy engaging participants in setting and achieving new health and wellness goals. A favorite quote states "the greatest medicine of all is to teach people how not to need it." Those words ring so true in that we can take charge of our health when we are given the tools and knowledge to make healthy lifestyle changes.

Rolanda Watkins-Perkins

My mission as a health education specialist is to help people make changes toward healthier lifestyles by inspiring them to develop healthy habits. I specialize in motivating individuals to stick to their goals and plans. My background includes diabetes education and awareness, HIV/AIDS research, working with transient and rural populations on health issues, cancer prevention, health screening/coaching and corporate wellness. I hold a Master's degree in Public Health and a Certified Health Education Specialist (CHES). Additional education includes specialized training as a certified program wellness coordinator with the National Wellness Institute. Connecting with individuals, helping them find their own inner strength and witnessing their success is what keeps me fully charged.



Brett Watkins

I am passionate about educating individuals on the benefits of a healthy lifestyle. I have been a health and wellness professional since 2005, holding a Bachelor's degree in Human Performance and a Master's degree in Public Health. My experience includes work as an exercise physiologist, professional baseball strength coach, personal trainer, health coach and a corporate wellness consultant. My diverse background has given me the opportunity to work with different population groups ranging from professional athletes to senior adults. My philosophy is that change doesn't have to be difficult or uncomfortable; it actually can be fun and challenging.

Scott McMullen

As a wellness coach, my mission is to educate and motivate people in changing their lifestyle and develop lifelong healthy habits. I hold a Bachelor of Science degree in Exercise Science. I have background experience as an exercise physiologist and health coach in all areas of wellness including nutrition, stress management and tobacco cessation. I am passionate about helping others discover a lifestyle change and achieve their goals with wellness and fitness. My specialty is lifestyle management with a focus on weight management.



Guest Speakers



Dr. Joyce Yates – Tupelo

Dr. Joyce Yates is a Certified Health Education Specialist (CHES) and is presently Director of Health Education and Wellness for University Health Services at Mississippi State University (MSU). Prior to joining MSU, Joyce was a Professor of Health at Wood Junior College and Mississippi University for Women. She has served in higher education for over thirty years. She is a past Emma Ody Pohl Endowed Chair of the Master of Science in Health Education graduate program at Mississippi University for Women. Dr. Yates' main focus area for students at MSU is supporting wellness and preventive health initiatives to make the college experience successful.



Dr. Yates has a B.S. in Education from the University of Mississippi, a M.S. and Ed.D. of Education from MSU. She has been awarded numerous grants from public and private entities to promote the well-being and health of college age students. Most recently, the Health Education and Wellness Department was funded for creating the Chadwick Lake one mile track at MSU. She is a past recipient of Health Educator of the Year Award and has received the Honor Award from the Mississippi Alliance for Health, Physical Education and Dance state association. Additionally, Dr. Yates has received the Action for Healthy Kids, "Healthy School Hero" award. Currently, Dr. Yates serves as co-chairman of the IHL/Community College Working Group for Senate Bill 2563, which addressed unplanned pregnancy in college age students.

Dr. Yates lives in Eupora, Mississippi and is married to Bill Yates. They have three children and seven grandchildren.

Donna Speed – Jackson



Donna Speed is a Registered, Licensed Dietitian and is presently the Nutrition Services Director for the Mississippi State Department of Health. She serves as Fruits & Veggies Nutrition Coordinator, provides training for BodyWorks, Color me Healthy, and Cooking and Shopping Matters. In addition, Donna assists state agencies with nutritional concerns and interpretation of nutritional data and factors. Prior to joining Mississippi State Department of Health, Donna was a district manager for a nutrition services consulting firm. She has over 23 years of experience in clinical nutrition and hospital food service management.



Donna holds a B.S. and a M.S. degrees in Institutional Administration/Dietetics from the University of Southern Mississippi. She is currently a member of several task force committees, including: MS Food and Nutrition Policy Executive committee, Farm to School/Gaining Ground Task force, MS Obesity Task Force, MS/MSDH Worksite Wellness, Childcare Licensure Board, and Nutrition Licensure Board. Donna is a mentor for dietetic students and is a MSU and USM Community Partner for students. Donna is active in her community by serving as a School Wellness member for three elementary schools in the Jackson area and is a certified water aerobics instructor at her local YMCA. As an advocate for nutrition, health, and wellness, she is frequently cited with the media to promote nutrition and good health and conducts shopping and cooking activities for groups.

Guest Speakers



Laurie McCarty – Hattiesburg

Laurie McCarty is a Registered Dietitian and Certified Health and Fitness Instructor through the American College of Sports Medicine. Laurie is the owner of Stretch-n-Grow of Hattiesburg/Laurel, an international children's fitness and nutrition program, and Laurie McCarty Nutrition and Training, where she provides private and group nutrition consulting and training sessions. Laurie served as Director of Nutrition and Weight Loss at Anatomies Fitness Center in Hattiesburg and a Nutritionist Senior with the Mississippi State Department of Health for 9 years. She also had the privilege to develop, write and host "Fit Kidz" television segment for WHLT CBS in the Pinebelt and can be found on WDAM from time to time providing nutrition information for the community. Laurie's passion is to ignite motivation and provide education to equip families with the tools they need to get and stay happy and healthy. To LIVE life.

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State and School Employees' Health Insurance Plan

2015 Site Champion Conference Registration Form

Name of Employer: _____

Attendee(s) Name: _____

Phone Number: _____

Email Address: _____

Please check the box indicating which session you will attend:

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August 25, 2015 – Tupelo – **NEW LOCATION!**

Itawamba Community College Belden Center
3200 Adams Farm Road
Belden, MS 38826

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August 26, 2015 – Jackson

Mississippi Public Broadcasting Auditorium
3825 Ridgewood Road
Jackson, MS 39211

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August 27, 2015 – Hattiesburg

Pearl River Community College
Woodall Technical Center
906 Sullivan Drive
Hattiesburg, MS 39401

**Each conference will be held from 10:00 am to 2:00 pm. Registration tables will open at 9:30 am.
Dress code is casual.**

Please scan and email the completed form to Claire.Whittington@dfa.ms.gov or fax to (601) 359-6568.

Space is limited. To ensure your reservation, please return your registration form to the Office of Insurance no later than August 20, 2015. Please call Claire Whittington or Tina Davis at (601) 359-3411 if you have questions or need more information.